

## Medical termination of pregnancy

This Patient Information Sheet contains information regarding medical termination of pregnancy (MTOp)

Medical termination of pregnancy (also known as medication abortion) is the use of tablets to cause a miscarriage. The tablets used for MTOp are Mifepristone (R U 486) and Misoprostol and can be taken in the first 63 days (9 weeks) of pregnancy.

### MTOp at Gateway Health:

To access MTOp you require x2 separate appointments. At the first appointment we will discuss your pregnancy options, and if you decide to pursue MTOp, you will be asked to have some blood tests and an ultrasound if you have not already had these done. At the second appointment, we will review your results, ensure you want to go ahead with MTOp, provide you with scripts for the termination pack, pain relief and anti-nausea medication, and organise follow up.

A blood test 1 week after MTOp is essential to ensure the procedure was successful.

### How it works:

First a Mifepristone tablet is taken at the Pharmacy and then 36 to 48 hours later, x4 Misoprostol tablets are taken at home. You can nominate to receive an SMS reminder. Mifepristone and Misoprostol work together to end a pregnancy. Mifepristone is an anti-hormone. It acts by blocking the effects of progesterone, a hormone that is needed for pregnancy to continue. Misoprostol is a prostaglandin and causes contractions of the uterus and relaxation of the cervix which helps push out the contents of the uterus.

### Signs and symptoms of MTOp:

These medications cause **vaginal bleeding, cramping, and pain** usually within 4 hours of taking the Misoprostol tablets. Vaginal bleeding, cramping and pain can range from mild to severe and is more than a typical menstrual period.

Other possible short term side effects include headache, breast tenderness, hot flushes, skin rashes, nausea, vomiting, diarrhoea, short term fever and chills.

If you experience any problems or are at all concerned about side effects, we encourage you to contact Gateway Health, or our 24-hour after-care telephone service. These numbers are provided to you at your consultation. You may be advised to present to the Emergency Department. We provide you with a letter just in case.

### Cost:

Appointments at Gateway Health are bulk-billed. MTOp medications cost \$38.20 for Medicare card holders and \$6.10 if you have any form of concession.

### Comparison of Medical and Surgical Termination of Pregnancy:

Medical Termination of Pregnancy	Surgical Termination of Pregnancy
High success rate: 95-98%	High success rate: 95-100%
Can be used from 4 weeks after last period	May not be available before 6-7 weeks from last period
Process occurs in privacy of home	Procedure performed at a centre
Surgical Instruments not required	Instruments inserted into uterus
No anaesthetic	Anaesthetic required
Medications are self-administered	A clinician performs the procedure
Abortion process lasts 1-2 days	Procedure takes 5-10 minutes with a recovery time
Requires 2 visits to Health centre	Can be completed in one visit
Pain ranges from mild to severe Bleeding may be heavy or prolonged	Pain and bleeding is typically less

To make an appointment phone Gateway Health:

**(02) 6022 8888 - Wodonga**

**(03) 5723 2000 - Wangaratta**